

2020

1st Class 30 Day Challenge

Refer to your Scout Handbook for full requirement text	Remember to show your work (video, worksheets, photos, etc.)
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Jun 28</u>	<u>Jun 29</u>	<u>Jun 30</u>	<u>Jul 01</u> FC-7C Tell the five most common signs of a heart attack. Explain the steps & procedures in CPR. FC-8A Be physically active at least 30 minutes each day for 5 days a week for 4 weeks. Keep track of your activities.	<u>Jul 02</u> FC-3B Demonstrate tying the timber hitch FC-8A Record physical activity	<u>Jul 03</u> FC-3B Demonstrate tying the clove hitch FC-8A Record Physical Activity	<u>Jul 04</u> FC-9C On scouting or family outing take note of the garbage you produce. Before your next similar outing decide how you can reduce, reuse, recycle what you take. Then put that plan into action. FC-8A Record physical Activity
<u>Jul 05</u> FC-7F Explain how to obtain potable water in an emergency. FC-8A Record Physical Activity	<u>Jul 06</u> FC-7D Tell what utility services exist in your home or meeting place. Describe potential hazards associated with these utilities and how to respond in emergency situations. FC-8A Record Physical Activity	<u>Jul 07</u> FC-7E Develop an emergency action plan for your home that includes what to do in case of fire, storm, power outage, and water outage. FC-8A Record Physical Activity	<u>Jul 08</u> FC-5A Identify or show evidence of at least 10 kinds of native plants found in your local area. Evidence by identifying fallen leaves or fruit, or as part of a collection you have made, or photos you have taken. FC-8A Record Physical Activity	<u>Jul 09</u> FC-5B Identify two ways to obtain a weather forecast for an upcoming activity. Explain why weather forecasts are important when planning an event. FC-8A Record Physical Activity	<u>Jul 10</u> FC-5C Describe at least three natural indicators of impending hazardous weather, the potential dangerous events that might result from such conditions, and the appropriate actions to take. FC-8A Record Physical Activity	<u>Jul 11</u> FC-5D Describe extreme weather conditions in the outdoors in your area. Discuss determining ahead of time the potential risk, alternative planning considerations, and how to respond to those conditions. FC-8A Record Physical Activity
<u>Jul 12</u> FC-8A Record Physical Activity	<u>Jul 13</u> FC-8A Record Physical Activity	<u>Jul 14</u> FC-8A Record Physical Activity	<u>Jul 15</u> FC-8A Record Physical Activity	<u>Jul 16</u> FC-8A Record Physical Activity	<u>Jul 17</u> FC-8A Record Physical Activity	<u>Jul 18</u> FC-8A Record Physical Activity
<u>Jul 19</u> FC-8A Record Physical Activity	<u>Jul 20</u> FC-8A Record Physical Activity	<u>Jul 21</u> FC-1B Explain the principles of Tread Lightly and how you practiced them on a outing. FC-8A Record Physical Activity	<u>Jul 22</u> FC-2A Help plan a menu that includes 1 breakfast, 1 lunch and 1 dinner. 2 meals must be cooked. Follow USDA Nutritional model. FC-8A Record Physical Activity	<u>Jul 23</u> FC-8A Record Physical Activity	<u>Jul 24</u> FC-8A Record Physical Activity	<u>Jul 25</u> FC-8A Record Physical Activity
<u>Jul 26</u> FC-8A Record Physical Activity	<u>Jul 27</u> FC-8A Record Physical Activity	<u>Jul 28</u> FC-8A Record Physical Activity	<u>Jul 29</u>	<u>Jul 30</u>	<u>Jul 31</u> FC-8B Share your challenges and successes in completing 1st Class requirement 8a. Set a goal for continuing to include physical activity as part of your daily life.	<u>Aug 01</u>

NOTES: FC-8A cannot be started until after the completion of SC-7B. Adjust accordingly.

FOR LATER: Lashings (FC-3a, FC-3C, FC-3D), Orienteering and GPS (FC-4A, FC-4B), Bandage and Injured Transport (FC-7A, FC-7B)